What is claimed is:

1. A seam for ductwork having a male end portion integrally formed at a distal end of a duct wall, said seam comprising:

a female end portion integrally formed at another distal end of said duct wall;

wherein said female end portion includes a first fold and a second fold, said first and second folds defining thereby a female groove for accommodating said male portion therein; and

wherein a distal end of said second fold is bent transverse to said female groove prior to said male portion being inserted into said female groove.

2. The seam for ductwork according to claim 1, wherein:

said distal end of said second fold is bent away from said female groove.

3. The seam for ductwork according to claim 2, wherein:

said first fold extends from an inwardly formed hemmed ridge, said inwardly formed hemmed ridge being substantially perpendicular to said duct wall.

4. The seam for ductwork according to claim 1, wherein:

said first fold and said second fold define a sealing angle of approximately 5 to 45 degrees therebetween.

5. The seam for ductwork according to claim 1, wherein:

said first fold and said second fold define a sealing angle of approximately 20 degrees therebetween.

- 6. A seam for ductwork having a male end portion integrally formed at a distal end of a duct wall, said seam comprising:
- a female end portion integrally formed at another distal end of said duct wall; and

wherein said female end portion includes a first fold which is bent to extend in a first direction substantially parallel to said duct wall, a second fold which is bent at an open angle and extends in a second direction to define a female groove for accommodating said male end portion therein, and a sealing fold integrally formed at a distal end of said second fold, said sealing fold being bent at a sealing angle to said second fold prior to said male portion being inserted into said female groove.

- 7. The seam for ductwork according to claim 6, wherein:
 said second direction is substantially opposite to said first direction.
- 8. The seam for ductwork according to claim 6, wherein: said open angle is between 10 to 30 degrees.
- 9. The seam for ductwork according to claim 6, wherein: said open angle is approximately 20 degrees.
- 10. The seam for ductwork according to claim 6, wherein: said sealing fold is bent towards said duct wall.
- 11. The seam for ductwork according to claim 6, wherein: said sealing angle is between 45 to 60 degrees.

12. A seam for ductwork having a male end portion integrally formed at a distal end of a duct wall, said seam comprising:

a female end portion integrally formed at another distal end of said duct wall; and

wherein said female end portion includes a first fold which is bent at a break point of said duct wall to extend at a hemmed angle towards an interior of said ductwork, a second fold which is bent back upon said first fold and extends substantially adjacent to said break point, a third fold beginning substantially adjacent to said break point and extending substantially parallel to said duct wall, and a fourth fold which is bent back against said third fold to define a female groove for accommodating said male end portion therein.

13. A seam for ductwork according to claim 12, said seam further comprising:

a sealing fold integrally formed at a distal end of said fourth fold, said sealing fold being bent at a sealing angle to said fourth fold prior to said male portion being inserted into said female groove.

- 14. The seam for ductwork according to claim 12, wherein: said hemmed angle is between 10 to 60 degrees.
- 15. The seam for ductwork according to claim 12, wherein: said hemmed angle is approximately 30 degrees.
- 16. The seam for ductwork according to claim 12, wherein: said sealing angle is between 45 to 60 degrees.

17. A seam for ductwork having a male end portion integrally formed at a distal end of a duct wall, said seam comprising:

a female end portion integrally formed at another distal end of said duct wall; and

wherein said female end portion includes a first fold bent to extend inwardly and substantially perpendicular to said duct wall, a second fold bent to extend in a direction substantially parallel to said duct wall, a third fold bent back upon said second fold, and a fourth fold bent at an open angle from said third fold and defining thereby a female groove for accommodating said male portion therein.

18. The seam for ductwork according to claim 17, further comprising:

a distal end of said fourth fold bent transverse to said female groove prior to said male portion being inserted into said female groove.

19. The seam for ductwork according to claim 18, wherein:

said open angle is between 10 to 60 degrees.

20. A method for forming a seam for ductwork having a male end portion integrally formed at a distal end of a duct wall, said method comprising the steps of:

integrally forming a female end portion at another distal end of said duct wall; and

wherein integrally forming said female end portion includes bending a first fold beginning at a break point of said duct wall to extend at a hemmed angle towards an interior of said ductwork, bending a second fold back upon said first fold to extend substantially adjacent to said break point, bending a third fold beginning substantially adjacent said break point and extending substantially parallel to said duct wall, and bending a fourth fold back against said third fold to define a female groove for accommodating said male end portion therein.

21. The method for forming a seam for ductwork according to claim 20, said method further comprising the steps of:

integrally forming a sealing fold at a distal end of said fourth fold; and bending said sealing fold to be transverse to said female groove prior to said male portion being inserted into said female groove.